



Using the **B.R.A.I.N.** Acronym To Make Informed Choices

Benefits-What are the benefits of making this decision?

Risks-What are the risks involved?

Alternatives-Are there any alternatives?

Intuition-What does my gut say?

Nothing-What if we do nothing, or wait it out?

You can pack this resource into your hospital bag and give to your support person as a helpful reference guide when making choices and decisions during labor.